

November

NEWSLETTER

2008

A RECREATION CENTER FUNDED AND OPERATED BY MURRAY CITY DEDICATED TO ENHANCING THE QUALITY OF LIFE FOR ADULTS AGE 55+.

Services Offered

- ☐ Arts & Crafts
 - ☐ Cultural Programs
 - ☐ Daily Lunch
 - ☐ Educational
 - ☐ Exercise
 - ☐ Health Services
 - ☐ Information & Referral
 - ☐ Recreation
 - ☐ Socialization
 - ☐ Transportation
 - ☐ Travel
 - ☐ Volunteer Opportunities
- Open Monday
through Friday
8:00-4:30



Veterans Day Brunch

Monday, November 10 - 10:30-12:00

\$2 - Veterans, \$4 - 55+, \$5 - Under 55

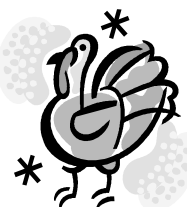
ALL AGES WELCOME - ADVANCE TICKETS NEEDED

Thanksgiving Lunch and Entertainment

Monday, November 17 - 11:00

Advance tickets needed - \$6

Entertainment by the Salt Lake Good Time Jazz Band



Center Open Thursday Evenings

Stop by the Center on Thursday evening and enjoy the music of Tony Summerhays from 7:00-10:00 PM. Cost is \$4. Pay at the door. Other activities Thursday evening include WeightWatchers at 5:30, Caring & Sharing support group at 5:30, Dance Instruction at 6:30, Billard Room and Internet Access in Computer Lab.

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INSIDE THIS ISSUE ARE DESCRIPTIONS OF UPCOMING PROGRAMS, CLASSES, AND SERVICES.
KEEP THIS COPY AS A REFERENCE FOR YOURSELF AND OTHERS. ONE COPY PER FAMILY PLEASE.

DONATIONS TO HELP COVER THE COST OF THIS NEWSLETTER ARE APPRECIATED.

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication.

Rates, based on a one issue insert:

\$200 full page

\$100 half page

\$50 1/4 page

\$25 1/8 page

Multi-issue discounts are available. Request a rate card by calling or writing the Center:

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801/264-2635
fax 801/685-9140

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Personal notices are charged the rate of 50¢ per line per issue.



Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need. □

Heritage Newsletter

This newsletter is produced monthly by the Heritage Center staff and is available to center participants. The Heritage Center is funded and operated by Murray City.

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SUSAN H. GREGORY

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GEORGE FENSTERMACHER

Program Coordinator

DAVEEN HAWS

Secretary

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Meals Supervisor

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Heritage Advisory Board

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VELMA KLEFFNER, SHIRLEY MEIER,

ROBERT MILLARD, MEEDA SMITH,

RON WATTS, LEDA WRIGHT

Newsletter Cost

The suggested donation for this publication is .75¢. Subscriptions are available for \$18 per year and mailed to your home. □

Notary Available



Susan Gregory, Heritage Director, is a Notary and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged. □

Stamps/Copies/Shredder

The Front desk has stamps for sale by the book or a single stamp. You can also get a copy made at the front desk for 10¢ per page. Copies are limited to 10. A shredder is available at the front desk. □

Gifts

Gift certificates are available for any program offered at the Center. A one day notice is needed for gift certificates. If your son, daughter, grandchildren, or friends don't know what to give you for your birthday, suggest a gift certificate, a credit on your Heritage account, or a week supply of lunch coupons. □

Credit Cards



The Heritage Center accepts Visa and Master Card for activity payments at the Center. Credit cards may be used to make reservations for classes and activities over the phone or in person. □

COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS

Computer Classes

The computer lab has 6 personal computers with Windows XP, CD burner, Microsoft Word, Corel Word Perfect and Internet access.

Computers are available during open lab time when classes are not being held. There is no charge to use the computers during open lab time (printing is .5¢ per page.). The instructor computer located in the front of the room also has the program R/C Flight Simulator installed for flying enthusiast.

November Schedule:

Basic I

Class for the person who is still a beginner with either using the computer or using windows. A brief outline is available at the front desk. Tues., Thurs., Nov. 13, 18, 20, 25, Dec. 2, 4 - 10:15-11:30. Cost is \$15.

Power Point

Learn how to make a slide presentation or show off home pictures by using Power Point. Mon., Wed., Fri., Nov. 17, 19, 21, 24 1:00-2:15. Cost is \$10.

Basic Email

Set up a free Yahoo Email account and learn how to keep in touch with family & friends. Tues, Thurs., Nov. 18, 20, 9:00-10:00. Cost is \$5.

Basic Genealogy

Learn how to use the PATH

program and begin your genealogy. Tuesdays, Nov. 4, 18, 25, Dec. 2 12:30-2:00. Cost is \$10.

Individual Help

Sign up for a one on one lesson with volunteer instructor Bill Park. Sign the interest list at the front desk and we'll arrange a time that works for everyone. The cost is \$5 for a one on one session.

Other Possible Classes:

Sign the interest sheet at the front desk if interested in any of the following to be offered in November:

Basic I - 6 sessions

*Basic II - 6 sessions

*Basic III - 4 sessions

* Basic Excel - 4 sessions

Keyboarding - 4 sessions

*Basic Email - 3 sessions

*Intermediate Email - 2 sessions

*Basic Internet

*Flyers - 2 sessions

*Movie Maker - 5 sessions

Intro to Scanners - 1 session.

*Music on the computer - 1 session.

*Greeting Cards - 2 sessions.

*Genealogy - 4 sessions.

Classes with the * astrict require a prerequisite of Basic I or computer knowledge of using a mouse and navigating around in windows before taking the class.

If you are interested in a subject not listed above, see Susan and she will work on developing a new class. □

Computer Lab

The Computer Lab is for anyone who would like to surf the web, practice what they've learned in class or those who need access to a computer. Lab volunteers are on hand on **Wednesday and Friday** from 9:30-11:30 when class is not scheduled.

Call to make sure the lab volunteer has arrived before making a special trip. Stop by and ask Glen (Wednesday) or Gordon (Friday) for help! □

HUGS - Heritage User Group for Seniors

The Heritage User Group for Seniors (HUGS) would like to invite you to attend the monthly meeting on **Wed., Nov. 12 at 1:30.**

Thank you Tom Manak, HUGS volunteer, for arranging the great speakers. The group meets every month on the second Wednesday at 1:30 p.m for a presentation and swapping information. No fee, the club is free! □



HEALTH SERVICES

Blood Pressure & Glucose Checks
Every Thursday - 10:00-12:00



November Clinics

Flu Shots

Tues. Oct. 28 @ 12:30 - 3:30

Wedn. Nov. 5 @ 9 - 12:00 Noon

Pain Management

Tuesday Nov. 4 @ 10:00

Blood Testing

Thursday Nov. 13 @ 9 - 11:00

Medicare Open Enrollment

Wednesday Dec. 3 @ 10:30

Toenail Clipping

Thursday Dec. 4 @ 9 - 12:00

Toenail Clipping December 4 @ 9-12

Thursday, Dec. 4 from 9-10:30 is the Center's next toenail clipping clinic. All those who are 55 years or older (except diabetics and those on blood thinner) are welcome. Applegate Home Care provides the service every other month from 9-10:30. The fee is \$5 a clipping. Appointments are required, and can be made at the front desk. Payment is due when you make the appointment. □

Flu Shots - Tues., Oct. 28 & Wed., November 5 Medication Checks Tues., October 28

Salt Lake County Aging Services will be providing the Center's flu shots this season. No Pneumonia shots or boosters will be offered this year. Dates and times for this year's flu clinics are as follows: **Tues., Oct. 28 from 12:30-3:30 OR Wed., Nov. 5 from 9-Noon**

Please remember to bring your Medicare Card with you. In order for Medicare to pay for the shot, you must have Medicare Part B. If you do not have Medicare, the suggested donation is \$20 for the flu shot. S. L. County Aging Services will also accept the following **Medicare Advantage Plans**:: Regence Blue Cross BlueShield, Evercare by United Health Care, Deseret Mutual, Humana Gold Choice, Humana Choice, SecureHorizons Direct, Sterling Option I, and Unicare. If you have questions about insurance cards please call the center.

Medication Checks will be available on **Tuesday, October 28** from 12:30 - 3:30. University of Utah Pharmacy students will be on hand to talk to you one on one. Bring your prescription drugs, vitamins, and any other herbal supplements you may be taking. You may have drug interactions that you are not even aware of. □

Blood Testing - Thursday, November 13

Blood testing will be offered **Thurs., Nov. 13** from 9:00-11:00 appointments are needed. Appointments can be made starting October 30. Test results will be mailed to your home and take 1-2 weeks to receive. You choose which screening you would like the day of the testing. For thirty dollars testing includes a Comprehensive Metabolic Panel, a Lipid Profile, and a Complete Blood Count. For an extra fifteen dollars you can include a Prostate, or a Thyroid test. Payment is made the day of testing and checks should be made out to IHC. □

Pain Management November 4 at 10:00

Do you suffer from unexplainable pain or numbness? If you suspect fibromyalgia or neuropathy or would just like to learn more about these conditions, come to a discussion about managing them with some Nursing Students from Salt Lake Community College. Come and learn with us! □

EXERCISE...EXERCISE...EXERCISE...EXERCISE...

AEROBICS-LOW IMPACT

Tuesdays & Thursdays

9:00-10:00

Becky Clark - instructor

\$15 per month, punch pass, or \$3

STRENGTH CONDITIONING

Tuesdays & Thursdays

2:00-3:00

\$15 per month, punch pass, or \$3

Newcomers must attend the orientation at 1:30 on Nov. 4

CHAIR A-ROBICS

Wednesdays and Fridays

11:15-11:45 Free

Lucy Tibolla - instructor

YOGA

Wednesdays 10:15-11:15

Jane Wallace-instructor

\$10 per month, punch pass, or \$3

TAI CHI

Tuesday & Thursday

10:30 - 11:30

Michael Dussere - instructor

\$15 per month, punch pass or \$3

NIA

Mondays & Fridays

9:00 - 10:00

Thursdays at 5:30 PM

Sadie Perkins & Sharon Daurelle

\$20 per month, punch pass, or \$3

OPEN EXERCISE ROOM

Open for use daily

\$5 per month or \$1 per visit

Visit 12 times in one month and get one month free! Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

LINE DANCING

Tuesday Beginners

2:00-3:00

Tuesday Everyone

10:15-11:45

Shirlene Lundskog - instructor

\$1.50 per class

PILATES

Canceled

MISC...MISC...MISC...

Heritage Center Participant Cards

Participant cards are currently being issued at the front desk. What is a participant card? Participant cards are scanned each time you come to the Center. They are easy to obtain. To get a card all you need to do is complete a participant information sheet and have your picture taken. You will also be asked if you'd like to donate \$3 to help cover the cost of the cards. After you receive your card you will be asked to scan it each time you come to the Center. Our goal is to have everyone using the cards by January 2009. If you forget your card one day, stop by the front desk and all they will need is your phone number to record your attendance at the Center.

The card is very similar to the cards that are used at other Senior Centers around the valley but the Heritage Center doesn't use the same computer software so Salt Lake County cards are not compatible at the Heritage Center so you will need to get a Heritage Center card.

The cards will assist with demographics and utilization of the Center as well as assist in requirements needed when the Center applies for grants and funding for different projects. Don't hesitate to see Susan Gregory if you have any questions on the new participant card system. Thank you for your cooperation and patience as we implement the new card system. □

Pilates Canceled in November try NIA

Starting in November, the Friday Pilates class will be cancelled.

If you need a Friday class to attend, try our NIA class at 9:00. What is NIA? NIA stands for Neuromuscular Integrative Action and means "with purpose." This is an expressive fitness and awareness movement program designed to enhance, balance, and help you move in harmony. This is a holistic approach to blending the movements from yoga, tai chi, pilates, and dance. This class is recommended no matter what your fitness level is. Come and participate in eclectic blended music, sounds, and visualization that is meant to energize and free your body from physical and emotional tensions.

□

RECREATION...RECREATION...RECREATION...

Wednesday, November 5

Birthday Wednesday!

The Center will be celebrating all of the November birthdays on **Wednesday, November 5**. Each month we celebrate birthdays on the first Wednesday of the month. Lunch is served at noon and advance reservation are needed.

Those who attend the Birthday Lunch will be eligible for a drawing to receive a free lunch. On Birthday Wednesday the lunch will always include a piece of birthday cake. And if you come and celebrate on Birthday Wednesday the month you turn 60, 70, 80, 90..., the lunch is on us (just tell the person collecting money you have reached a new decade).

For December birthdays, the birthday lunch is **Wed., Dec. 3**.

Tuesday's at 1:00

Water or Acrylic Painting Class/Lab

Larry Limberg will once again be offering an intermediate class on either water colors or acrylic. Instruction is available or you can work on your own in a group setting. Class/lab will be on Tuesdays at 1:00. The class will be held in the activity room which offers a great deal of natural light. The room also has a sink and plenty of room to spread out. There is no fee for this class. Please bring all of your own supplies needed to paint. □

Mondays at 1:00 - FREE

Monday Movies

Monday movies are shown in the dining room or computer lab on the large screen. Movies begin at 1:00 and the popcorn is free! Be in your seat by 1:00, bring a friend, and enjoy the show.

Nov 3 - ***Some Like It Hot*** (1959) PG. When two musicians witness a mob hit, they flee the state in an all female band disguised as women, but further complications set in. 120 min. Starring Marilyn Monroe and Tony Curtis.

Nov 10 - ***27 Dresses*** (2008) PG-13. After serving as a bridesmaid 27 times, a young woman wrestles with the idea of standing by her sister's side as her sibling marries the man she's secretly in love with. 111 min. Nov 17 - ***The Golden Compass*** (2007) PG-13. In a parallel universe, young Lyra Belacqua journeys to the far North to save her best friend and other kidnapped children from terrible experiments by a mysterious organization 113 min.

Nov 24 - ***Carousel*** (1956) PG. Billy Bigelow asks for permission to be sent down "from above" for one day to try and make amends for mistakes he made in life. 128 min. Starring Shirley Jones.

*Movie titles subject to availability. □

MISC...MISC...MISC...

Center Improvements

We are not sure when things will begin but the Heritage Center improvement projects are scheduled to start this month.

Community Development Block Grant Funds were awarded this year to provide new curb and gutter in front of the Center, automatic features in the restrooms, and doors in the hallway to the multi-purpose room. The bid has been awarded and at the time this article was written the contract was being completed.

When the curb and gutter is being completed out front you will need to enter the Center from the side or back. We will always have a set of restrooms available when automatic features are being added. No programs will be cancelled during the improvement process.

However, the wood floor is also being refinished this month and a few programs will need to be moved around to accommodate the wood floor. The only program that will be cancelled will be Line Dancing on **Tuesday, November 25**. The Center will be closed for Thanksgiving on Thursday and Friday November 27 & 28. □

Soup is available in the kitchen from 11:30-12:15 or until it's gone. Cost is \$2 per bowl, pay at the salad bar table. No reservation needed. □

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

Monday, November 17 - 11:00

Thanksgiving Dinner and Entertainment

Join the center on **Monday, November 17 at 11:00** to give thanks for all the good things in life. A traditional turkey dinner will be served with all the trimmings, stuffing, potatoes and gravy, and pumpkin pie. Lunch will be served at 12:00 noon and the cost is \$6.00. Advanced reservation and payment is required and can be purchased now. The 'Salt Lake Good Time Jazz Band' will be performing lively Dixieland Jazz at 11:00.

The 'Salt Lake Good Time Jazz Band' plays music mostly from the 1920's and 30's. The band has been in existence since around the late 70's, a little over 30 years. They have played for many jazz festivals including: Yellowstone Jazz Festival, Montana Jazz Festival, Ogden Red Nicholls Jazz Festival, as well as for the Utah Rural Arts for several years. They have traveled all over the state playing for schools and many other organizations as well. The 'Salt Lake Good Time Jazz Band' members also make up a little German band called the 'Hungry Four.' This band performs familiar polka music and classic waltzes for Fall and October Festivals. Band members include Dick Skillicorn- Cornet, Dave Jorgensen- Tenor Sax & Clarinet, Kent Peterson- Tuba and Joshua Payne-Banjo. □

Monday, November 10 - 10:30-noon

Center Brunch to Honor *Veterans

The Heritage Center will replace our traditional noon time lunch with a brunch on **Monday, November 10 from 10:30 to noon**. Enjoy a menu of Quiche, hashbrowns, fresh fruit cups, bread pudding and coffee and juice to drink.

The cost is \$4 for seniors and \$5 for those under 55. All Veterans are \$2. Advance tickets requested.

All U.S. Veterans are invited to be our guests of honor. Murray City is grateful for your years of service.

You may register for this activity and pay at the front desk at this time. Remember, you are welcome to eat anytime between 10:30 and noon. There will not be a regular lunch served at noon.

*For this activity, Veterans are identified as men and women who have served, are currently serving, or are retired from the U.S. military, national guard, or reserves. □

Friday, December 19 - 11:00

Christmas Celebration on Friday

Christmas is just around the corner. The Center will be celebrating on **Friday, December 19** with entertainment from The Murray High School Bell and Madrigal Choirs. A special buffet style meal will follow at 12:00 Noon. Pre Registration is required and will start Monday November 24. Cost for this event is \$6.00. □ □

New unwrapped gifts

'Tis The Season

The leaves are turning color, it's time to turn on the heater, and special times for remembering our blessings and sharing with others in need. Throughout the holiday season many of the Center's programs will focus on providing support for special needs individuals and groups in the Murray area. One such organization is the Boys & Girls Clubs of South Valley, which is administered from the Murray facility. The other group, the SHARE program.

The philosophy behind the Boys & Girls Clubs is to provide: safe places for youth to learn and grow; ongoing relationships with caring adults; opportunities for character development; opportunities to succeed in our community.

A Christmas tree, under which you may place **unwrapped gifts** for children ages 3 to 12 or choose an ornament from the tree with a request from one of the SHARE participants. The tree will be available beginning on Monday, November 10 and continue until Friday, December 12 when the gifts will be distributed.

The younger kids are always pleased with trucks and cars, dolls and tea sets, coloring and painting sets, and games of all types. Athletic equipment, art supplies, and educational materials are best for the older children. The SHARE participants have specific requests. Contact George or Daveen if you need additional information. □

	MONDAY	TUESDAY
<p>November 2008</p> <p>Heritage Center Events</p> <p>Heritage Center #10 E. 6150 S. (west of State Street) 264-2635</p> <p>www.murray.utah.gov heritage@murray.utah.gov</p> <p>we are here to serve you</p> <p>Monday-Friday 8:00-4:30</p> <p>Thursdays until 10:00 PM</p>	<div>3</div> <p>8:30 Ceramics 9:00 NIA 12:00 Lunch 1:00 Movie</p> <p>Daylight Savings Time ends Nov. 2nd</p>	<div>4</div> <p>Election Day</p> <p>8:30 Ceramics 9:00 Aerobics / Haircuts 10:00 Pain Management 10:15 Line Dancing 10:30 Tai Chi 12:00 Lunch / 12:30 Genealogy 12:45 Crafts 1:00 Acrylic/Water Color Lab 2:00 Strength Conditioning 2:00 Beginners Line Dancing</p>
	<div>10</div> <p>8:30 Ceramics 9:00 NIA 10:30 Veterans Brunch 1:00 Movie</p>	<div>11</div> <p>Center Closed Veterans Day</p>
	<div>17</div> <p>8:30 Ceramics 9:00 NIA 11:00 Thanksgiving Lunch and Entertainment 1:00 Movie 1:00 Power Point</p>	<div>18</div> <p>8:30 Ceramics 9:00 Aerobics / Haircuts 9:00 Basic Email 10:15 Line Dancing 10:15 Greenery/Legacy Trip 10:15 Basic I / 10:30 Tai Chi 12:00 Lunch / 12:30 Genealogy 12:45 Crafts 1:00 Acrylic/Water Color Lab 2:00 Strength Conditioning 2:00 Beginners Line Dancing</p>
	<div>24</div> <p>8:30 Ceramics 9:00 NIA 12:00 Lunch 1:00 Movie 1:00 Power Point</p>	<div>25</div> <p>8:30 Ceramics 9:00 Aerobics / Haircuts 10:15 NO Line Dancing 10:15 Basic I / 10:30 Tai Chi 12:00 Lunch 12:45 Crafts 1:00 Acrylic/Water Color Lab 2:00 Strength Conditioning 2:00 NO Line Dancing</p>

WEDNESDAY	THURSDAY	FRIDAY
<div>5</div> 9:00 Flu Shots 9:30 Pinochle / Computer Lab 10:15 Yoga 11:15 Chair A'Robics 12:00 Birthday Wed. & Lunch 12:45 Bingo 1:00 Bridge	<div>6</div> 8:30 Ceramics 9:00 Aerobics 10:00 Blood Pressure/Glucose 10:30 Tai Chi 12:00 Lunch 12:45 Red Hatters 1:00 Square Dancing 2:00 Strength Conditioning 5:30 Weight Watchers 5:30 Caring & Sharing 7:00 Dance	<div>6</div> 9:00 NIA 9:30 Computer Lab 11:15 Chair A'Robics 11:30 Massage Therapy 12:00 Lunch 12:45 Bingo 1:00 Bridge Play
<div>12</div> 9:00 Tooele Breakfast 9:30 Pinochle / Computer Lab 10:15 Yoga 11:15 Chair A'Robics 12:00 Lunch 12:45 Bingo 1:00 Bridge 1:30 HUGS	<div>13</div> 8:30 Ceramics 9:00 Aerobics/Blood Testing 10:00 Blood Pressure/Glucose 10:15 Basic I 10:30 Tai Chi 12:00 Lunch 1:00 Square Dancing 2:00 Strength Conditioning 5:30 Weight Watchers 7:00 Dance 7:30 Ute RC Club	<div>14</div> 9:00 NIA 9:30 Computer Lab 11:15 Chair A'Robics 11:30 Massage Therapy 12:00 Lunch 12:45 Bingo 1:00 Bridge Play
<div>19</div> 9:30 Pinochle / Computer Lab 10:15 Yoga 11:00 Attorney 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 1:00 Bridge 1:00 Let's Talk 1:00 Power Point	<div>20</div> 8:30 Ceramics 9:00 Aerobics / Basic Email 10:00 Blood Pressure/Glucose 10:15 Basic I 10:30 Tai Chi 12:00 Lunch 12:45 Red Hatters 1:00 Square Dancing 2:00 Strength Conditioning 5:30 Weight Watchers 7:00 Dance	<div>21</div> 9:00 NIA 9:00 Kingsbury Hall U of U 9:30 Computer Lab 11:15 Chair A'Robics 11:30 Massage Therapy 12:00 Lunch 12:45 Bingo 1:00 Bridge Play 1:00 Power Point
<div>26</div> 9:30 Pinochle / Computer Lab 10:15 Yoga 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 1:00 Bridge	<div>27</div> <div>28</div> <div> CENTER CLOSED THANKSGIVING HOLIDAY </div>	

NOVEMBER

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

News Behind the 8 Ball

Pool equipment is provided for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building and shoot a rack. New players are welcome. We will help you learn the games. Ron Lee finished 2nd in the county-wide 8 ball tournament ☐

Pinochle - Wednesdays at 9:30

Pinochle tournaments are held on **Wednesday** mornings at 9:30 am. Players must check in no later than 9:15. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board. High scores for September were: *Gene Schmidt & Nina Sheffield* 506, *Ron Turner* 604, *Ray Bailer* 537, *Ken Pickens* 536.

Bridge - Wed/Fri at 1:00

Informal Bridge play (Chicago/Party) is held on **Wednesday** and **Friday** afternoons from 1:00-4:00. Some players arrive early (around 12:30) to practice and start finding first round partners. If an even number of players are not available when the play begins at 1:00 then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room. High scores for September were: **Wednesday** - *Georgette* 81, *Hal Lemke* 79. **Friday** - *Hal Lemke* 75, *Ruby* 80, *Dave* 76..

Canasta Games - Tuesdays 11:00 - 2:30

Canasta games are conducted on Tuesdays from 11 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free, anyone can join in on the fun.

Bingo - Wed. & Fri. at 12:45

Bingo is played every **Wednesday** and **Friday** immediately following lunch. Bingo is free and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. Donations are appreciated and used to purchase the certificates and prizes for bingo days. A special *THANK YOU* to Village Inn for donating a pie each week for the elimination bingo game. Stop in for a meal and say thanks. Bingo volunteers needed - see George. ☐

Tuesdays 10:15 & 2:00

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. **Tuesdays at 10:15** for all dancers and Tuesday afternoon at **2:00** for Beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog who dances with the Sandy Line Dance performing group.

NO CLASS ON NOVEMBER 25. ☐ ☐

Thursdays 1:00-2:30

Square Dancing

The Center's Square Dance is an activity which features time for beginners (1:00-2:00) as well as dance time for the more experienced (2:00-2:30.) The cost is \$1.50 per day and is paid when you arrive for the activity.

Our caller is Don Carlton, a veteran of more than 40 years of conducting square dance classes and dances. ☐

1st & 3rd Thursday at 12:45

Red Hatters

The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** each month at **12:45** to play BONKO and on the **3rd Thursday at 12:45** to play Hand & Foot. The next meetings are on Thurs., Nov 6 & 20. Information sheets available at front desk. ☐

CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

Tuesdays at 12:45

Craft Day

Over the past year several classes have been presented at the Center which focused on traditional hand-craft techniques including quilling, weaving, crocheting and others.

A small group of the students from these activities continue to meet on **Tuesday** afternoons at **12:45** to share their skills and knowledge of these crafts and chat about things that are important in their lives. □

Mon/Tues/Thurs 8:30-12:00

Ceramics

The ceramic class operates on Monday, Tuesday, and Thursdays from 8:30 to Noon and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced.

The cost to participate is \$1 each time you attend plus supplies. □

Class Idea?

Would you like to learn something new? Give Daveen or George your ideas for new classes and they will try to make it happen! □

Lets Talk - Reading and Discussion Group

Like to read? Join Let's Talk for a lively discussion with volunteer Charlotte Cox on **Wednesday, November 19 at 1:00**. **There** is a recommended one time donation of \$5 to help with shipping costs. The discussion books come from the Utah Humanities Council Lending Library. Check books out at the front desk. **Books need to be returned no later the first Friday after the discussion date.** Participants are responsible for all lost books. November 19 - *The Whale Rider* by Witi Ihimaera. Eight-year-old Kahu, a member of the Maori tribe of Whangara, New Zealand, fights to prove her love, her leadership, and her destiny. Her people claim descent from Kahutia Te Rangi, the legendary "whale rider." In every generation since Kahutia, a male heir has inherited the title of chief. But now there is no male heir, and the aging chief is desperate to find a successor. Kahu is his only great-grandchild—and Maori tradition has no use for a girl. But when hundreds of whales beach themselves and threaten the future of the Maori tribe, it is Kahu who saves the tribe when she reveals that she has the whale rider's ancient gift of communicating with whales. This book is a change from the schedule.

January 21 - *Three Cups of Tea* by Greg Mortenson & David Oliver Relin. Greg Mortenson, a homeless mountaineer who, following a 1993 climb of Pakistan's treacherous K2, was inspired by a chance encounter with impoverished mountain villagers. He promised to build them a school. Over the next decade he built fifty five schools (especially for girls) that offer a balanced education in one of the most isolated and dangerous regions on earth. For a full list of dates and titles, please see the front desk. □

Wednesday, December 3 - 10:30

Medicare Open Enrolment Ending

Please join us on Wednesday, December 8 at 10:30 to learn about all of the changes for Medicare in 2009. Learn what the new premiums will be, new deadlines, and what changes are in store for your Medicare Part D plan (drug plan).

A representative and Medicare expert from Sterling Insurance Group will be presenting this class entitled "Medicare 101." This class will include a discussion on all four parts of Medicare, advantage plans, as well as the different supplemental plans available.

All those who attended the class will have their Heritage Center lunch paid for by Sterling. If you plan on attending please call or stop by and make a reservation. □

Travel with friends...

Center Trips



-- EACH PERSON MAY REGISTER FOR
THEMSELVES AND NO MORE THAN ONE
OTHER PERSON FOR EACH TRIP --

Tuesday, January 13 - 8:30

Wendover & Rainbow

Travel to Wendover on **Tuesday, January 13** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the **cost is \$15** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately **7:00 pm**. You may sign up for this trip at this time...space is limited..□

Wednesday, November 12 - 9:00

Tooele for Breakfast

Once again the Center bus will be headed to the Tooele Senior Center for the "2ndBest Breakfast in Utah". The bus will depart the Center at 9:00 on Wednesday, November 12 and return about 12:30 pm. **Cost is \$5** for transportation and the breakfast. Bus capacity limited to 20 participants. Sign up now for this trip. □

Thursday, December 4 - 1:00

Festival of Trees

The Heritage bus will depart at **1:00 on Thursday, December 4** and travel to the South Town Exhibition Center to view the hundreds of holiday creations at *Primary Children's Hospital Festival of Trees*. **Cost of the trip is \$4**. Sign up now for this trip. □

Tuesday, November 18 - 10:15

Legacy Parkway and Greenery Lunch

Travel with us down Utah's newest highway as we experience the newly created views of the lake and the wetland preserve from the Legacy Parkway. It is about an hour ride to the Greenery Restaurant at the mouth of Ogden Canyon. Prepare yourself for a delightful lunch and shopping in several gift shops. **Cost of the Trip is \$4** for transportation and the lunch is on you. Menu items range from \$7 to \$10 +15% gratuity. You may sign up at the front desk at this time.

Friday, November 21 - 9:00

Kingsbury Hall Captain Bree

Enjoy *Captain Bree and her Lady Pirates* at Kingsbury Hall. Shiver your timbers with this swash-buckling musical comedy. You will laugh your way through this side-splitting sea-worthy musical filled with Gilbert and Sullivan-like tunes. With catchy sea shanties and other rousing musical numbers, you will be humming along all the way to the surprise ending.

The Center bus will depart at 9:00 for the 10:00 performance and will return to the center in time for lunch. **Cost for the activity is \$3** and you may register for this trip starting Monday, November 3.

Tuesday, December 9 - 4:00 and
Wednesday, December 10 - 4:00

CHRISTMAS LIGHTS in Spanish Fork

It may be time to start marking your calendar for the Center Christmas season trips. This trip will be held twice, **Tuesday, December 9** and **Wednesday, December 10** so pick the date that is best for you. **Cost for this activity is \$12** per person. The bus will depart the Center at 4:00 pm and travel to Provo for dinner at the Chuck-A-Rama. After dinner you will be treated to a drive through beautiful Canyon View Park located at the mouth of Spanish Fork Canyon where we will view thousands of colored lights and dozens of illuminated structures--several of which are animated. Return to the Center will be at approximately 8:00 pm. You may sign up for this trip beginning Nov 18. □

Trip Reminder

Seating is limited to 20 people. You may only sign up for yourself and one guest. Other friends must make their own reservation. Thank you.

MORE TRIPS...MORE TRIPS...MORE TRIPS..

Body Worlds 3 Exhibit - Tues., Dec. 16 - 9:30

The bus will depart on **Tuesday, December 16** at 9:30 for the Body Worlds 3 Exhibit. **Cost of this activity is \$25** and includes admission to the exhibit, individual audio boxes, and transportation to The Leonardo in downtown Salt Lake City.

The tour is self paced and one should allow about 1 1/2 hours to see and hear all that is available. This tour is not recommended for one who needs assistance walking. There are limited resources for resting during the presentation. The bus should return to the center at about noon.

This exhibition embodies The Leonardo mission of fusing science, technology, and the arts to ways that inspire human creativity and innovation. *Body Works 3 & The Story of the Heart* is organized according to the major systems of the body, including the locomotive, nervous, reproductive, digestive and cardiovascular systems. The exhibit also features a special presentation on the heart, revealing through the lenses of anatomy, cardiology, psychology, and culture how this four-chambered muscle nourishes, regulates, and sustains life. Through the life-like and dramatic poses of full-body specimens and detailed presentation of organs and body parts, guests gain profound insights into the structure and function of healthy and unhealthy bodies.

The presentation of the pure physical reminds visitors of the intangible and unfathomable. The plastinated post-mortal body illuminates the soul by its very absence. Plastination transforms the body, an object of individual mourning, into an object of reverence, learning, enlightenment, and appreciation.

You may register for this activity at this time. Seating is limited in the Center bus to 20 passengers

MISC...MISC...MISC...

Hats for the Homeless

Hats for the homeless are needed now more than ever. Christmas is fast approaching and so is cooler weather. The Road Home Shelter will soon be inundated with men, woman, and families looking for a refuge out of the cold.

The center has a bin out in the lobby to drop off the hats. If you are in need of yarn to make these hats, yarn is available in the same bin where you drop off hats. Remember it does not matter whether hats are hand knitted or made on a loom. For those who would like to purchase a "hat loom" of their own, most craft stores carry them (Zims, Roberts, and Michaels). Thank you to all who have been making hats!

The Center is currently in need of yarn to make hats. If you would like to donate yarn for this worthy cause, please drop it by the Center anytime.□

A New Game - Indoor Shuffleboard located in the Pool Room

Try your hand at indoor shuffleboard or sometimes called table shuffleboard. In general, players take turns sliding, or "shuffling," the weights to the opposite end of the board, trying to score points, bump opposing pucks off the board, and/or protect their own pucks from bump-offs. Points are scored by getting a weight to stop in one of the numbered scoring areas. A weight must cross the line marking a scoring area completely to receive the points for that area; for example, a weight that's stopped partially in the 3-point area and partially in the 2-point area will only receive 2 points. A weight that's hanging partially over the edge at the end of the table in the 3-point area, called a "hanger" (or sometimes a "shipper"), usually receives an extra point. Weights that haven't passed the foul line closest to the player are removed for the round. Pucks that fall off or are bumped off the table into the gutter are removed from play for the round. No points are tabulated until the end of the round. When all weights have been shuffled, the player with the puck closest to the far edge of the table takes points for all pucks that are ahead of their opponent's furthest shot. The other player does not take points. For example: there is a red puck in 3, a red in 2, a blue in 1, and two red pucks in 1 but further away from the end of the table than the blue puck. Red player would receive 5 points, blue player does not score. □

Medical Foster Home Program for Veterans

The VA Salt Lake City Health Care System (VASLCHCS) is pleased to announce the development of the Medical Foster Home program to reach the growing needs of the veteran population.

“The Medical Foster Home is a unique partnership of adult foster home and Home Based Primary Care,” said Josh Brown, VASLCHCS Licensed Clinical Social Worker and coordinator of the Medical Foster Home Program. There are many veterans who live alone and independently for years through the support of assistive devices and home care services. Eventually the veteran may decline to the point that it is no longer safe to remain living alone. Traditionally, this situation is resolved by nursing home placement; however, the veteran may refuse nursing home care, instead accepting serious risks. “This is where the Medical Foster Home program steps in to offer a safe, favorable, and less costly alternative to the veteran,” said Brown.

Medical Foster Home finds caregivers in the community who are willing to take a veteran into their home and provide 24-hour supervision as well as needed personal assistance. The expectation is that this is a long-term commitment, where the veteran may live for the remainder of his or her life. Caregivers are paid \$1,500 to \$2,500 based upon the level of care needed by the veteran. This payment is made by the veteran directly to the caregiver monthly. This includes room and board, 24-hour supervision, assistance with medications, and whatever personal care is needed.

“We are currently searching for individuals who are interested in becoming future Medical Foster Home caregivers,” said Brown. Potential caregivers must be: Over the age of 21, Own or renting a home, Read, write, and speak English, Complete a Criminal Background Check (BCI), First Aid and CPR certified, Allow an Interdisciplinary Treatment Team into your home for monthly visits, Willing to accept, participate in and follow the veteran’s treatment plan.

“The Medical Foster Home program allows community members an opportunity to serve our veterans who have served us in maintaining and ensuring our freedoms,” said Brown. If you or some one you know is interested in receiving more information about this exciting program, please contact Josh Brown, coordinator, Medical Foster Home Program, at (801) 582-1565, extension 2180. □

Digital Television -- DTV Transition

On February 17, 2009 all full-power broadcast television stations in the United States will stop broadcasting on analog airwaves and begin broadcasting only in digital. Find out more about whether or not you will be impacted by the digital (DTV) transition by going to www.dtv.gov. □

Trouble keeping up your Home or Yard?

A group of youth and adult volunteers would like to help out Murray City residents in need next summer by providing some property maintenance. Projects such as painting, roof repair, or general clean-up around your yard may be available spring or summer 2009. If you could use some help or know of anyone who might need assistance call Tim Tingey, Murray City Community Economic Development Director, at 270-2421 and mention you would like to be put on the list for possible one time assistance with property maintenance next year. □

Special Needs Registry

The Utah Special Needs Registry (SNR) has been developed for individuals that may require special assistance from emergency services personnel during a disaster or other emergency. How do I register?

Go to the SNR website at www.specialneedsutah.org, Fill in the requested special needs information, Submit your information online and update annually...OR Dial 2-1-1 to speak with a Special Needs Representative.

The Registry has been created as a supplement to an overall personal emergency preparedness plan. You should have personal equipment and supplies to last a minimum of 72 hours in the event of an emergency. Registration with the Special Needs Registry does not guarantee emergency services. □

SERVICES...SERVICES...SERVICES...SERVICES...SERVICES...SERVICES

Tuesday, December 9

Outreach Worker

Salt Lake County Aging will be sending an Outreach Worker every month to the center. They will be at the center on **the second Tuesday of every month** at 10:00 to answer any questions you may have regarding county programs, assisted programs, or services in your area. Appointments are required and can be made anytime at the front desk. There is no charge for this service. □

Wednesday, November 19

Attorney Consultations

An attorney will be available for free 20 minute legal consultations on **Wednesday, November 19** at 11:00. Appointments are needed and are made at the front desk.

Bring any documents and forms pertaining to the question you may have. The attorney will consult with you and advise you, provide additional services through Utah Legal Services at a later date, or attempt to refer you to other appropriate sources of help. The attorney will not attempt to represent you. □

Transportation

The Center bus runs on Wednesday and Friday to provide transportation to Murray residents. The cost is \$2 a person and advance reservations are needed. First time riders need to complete a brief application. □

Tuesdays from 9:00-1:30

The Barber Shop will close December 2

The Center is offering haircuts for men and women on Tuesday mornings from 9 to 1:30. Cost of the service is \$3. Only haircuts and trims are being offered and the service will end on December 2.

The barber is Vicki Fenstermacher who has many years of experience cutting hair in her own shop, at Great Clips, and Super Cuts.

Vicki will not be available after December 2 so we would like to take this opportunity to thank her for the past year of volunteer service. She has been booked every week since starting last December and on behalf of her many happy customers, Thank you Vicki! □

Fridays 11:30-4:00

Massage Therapy

Massage Therapy continues on **Fridays from 11:30 -4:00**. Appointments are required and can be made up to two weeks ahead of time. The cost is \$8 for fifteen minutes, \$16 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be made 24 hours in advance for a refund.

Thelma L. Baker is a licenced massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate you. □

Volunteers

The Heritage Center has over 80 volunteers who work on a regular basis at the Center. Volunteers assist with many of the programs and services offered at the Center. The Center is currently looking for volunteers in the following positions:

Bingo Caller - Wednesday or Friday from 12:45-2:15. See George.

Kitchen - Assist with preparation on large days and or special events. See Calli.

Computer Instructor - Teach computer classes. See Susan

Front Desk Greeter - assist with the new computer participant cards by reminding everyone to SCAN their card or sign in when arriving. See Sharon.

Health Services - substitute person to take blood pressure and glucose readings.

Entertainers - have a talent you'd like to share? See Daveen or George if you'd like to entertain. □

Salad Bar

\$3-Large, \$1.50-Small

***Soup of the day* - \$2.00**

NO RESERVATION NEEDED

November 2008- MenuMake reservations by 12:30 the day before by calling **264-2635**

No reservation needed for the Salad Bar or Soup

Lunch served at Noon. Purchase tickets by 11:50 a.m.

Cost is \$3.00 for 55+ - Drinks - .50¢ - Takeout Meals - \$3.50

Monday	Tuesday	Wednesday	Thursday	Friday
STUFFED CABBAGE 3 Rice Pilaf Vegetable Chocolate Chip Cookies Or Fruit	PORK RIBS 4 Lyonnaise Potatoes Broccoli Angel Cake w/Berry Cream Or Fruit	SEAFOOD SCAMPI 5 Linguini Seasoned Squash Vanilla Mousse Or Fruit	CHICKEN & BUTTERNUT SQUASH SOUP 6 Croutons Spiced Pears	SPAGHETTI & MEATBALLS 7 Bread Sticks Caesar Salad Spumoni Or Fruit
QUICHE 10 Hashbrowns Fresh Fruit Cups Fruit Juice & Coffee Bread Pudding	VETERANS DAY 11 Center Closed	SWEDISH MEATBALLS 12 Brown Rice Green Beans Pumpkin Cheesecake Or Fruit	CHICKEN POTPIE 13 Herb Potato Wedges Orange Ginger Beets Gelatin Salad Or Fruit	SPLIT PEA and HAM SOUP 14 Roll Cherry Pie Or Fruit
TURKEY 17 Potatoes, Gravy, Stuffing, Yams, Green Beans, Cranberry Sauce, Pie or Fruit	VEAL CUTLETS 18 w/gravy Roasted Potatoes Braised Brussels Tiramisu Or Fruit	BEEF & BARLEY SOUP 19 1/2 Roast Beef Sand. Carrot Slaw Oatmeal Cookies Or Fruit	STEAMED TILAPIA 20 Lemon Rice Mixed Veggies Pineapple-Upside-Down-Cake Or Fruit	HAMBURGERS 21 Baked Beans Waldorf Salad Peach Crisp Or Fruit
TOMATO BASIL SOUP 24 Grilled Cheese Sandwich Cauliflower Fruit Tarts Or Fruit	POT ROAST 25 Mashed Potatoes w/Gravy Mixed Veggies Lemon Blueberry Cupcakes Or Fruit	BAKED CHICKEN 26 Macaroni & Cheese Celery Salad Cherry Pie Or Fruit	THANKSGIVING CENTER CLOSED 27	THANKSGIVING CENTER CLOSED 28

**Soup is offered again along with the Salad Bar.
Soup cost is \$2 per bowl. First come first serve.
No reservation needed for Soup or Salad Bar.
The type of soup served will be posted each morning.**